



UCCOOK

Lamb Chilli Con Carne

with poppadoms

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterkloof | Beeskamp Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	694kJ	3178kJ
Energy	166kcal	760kcal
Protein	11.7g	53.8g
Carbs	9g	40g
of which sugars	2.3g	10.7g
Fibre	2.8g	13g
Fat	8.9g	40.7g
of which saturated	3.9g	18g
Sodium	258mg	1180mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
450g	600g	Free-range Lamb Mince
30ml	40ml	NOMU Taco Mex Mix
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
300g	400g	Cooked Chopped Tomato
15ml	20ml	Beef Stock
360g	480g	Red Kidney Beans <i>drain & rinse</i>
90ml	125ml	Hickory BBQ Sauce.
6	8	Poppadoms
150ml	200ml	Sour Cream
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. START THE SAUCE Place a pot over medium-high heat with a drizzle of oil. When hot, fry the onion in the pot and fry until soft and lightly golden, 5-6 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the NOMU rub and the chilli (to taste) and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato, the stock, and 600ml [800ml] of water. Simmer until thickened and the lamb is tender, 20-25 minutes. In the final 1-2 minutes, mix in the beans, and the BBQ sauce. Remove from the heat, add a sweetener (to taste) and season.

2. POP IN THE POPPADOMS Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up. Alternatively, heat the poppadoms in the microwave until crispy, 1-2 minutes.

3. A CULINARY TRIUMPH Pile up the chilli con carne. Dollop over the sour cream. Sprinkle over the parsley and any remaining chilli (to taste). Side with the poppadoms. Well done, Chef!